

News briefs

Parade, tree lightings

The Bitburg Annex Christmas tree lighting is Wednesday at 6 p.m. at the chapel annex. A reception follows.

A parade to celebrate the Spangdahlem Air Base tree lighting is Thursday at 4:30 p.m., beginning at the Spangdahlem Elementary School. The tree lighting, which is by the BXtra, follows the parade. For more information, call Stefani Schulze at 452-6466.

Buses, carpooling

Officials remind people of the mandatory shuttle service for all those living on-base (Spangdahlem Air Base and the Bitburg Annex), as well as those living in government-leased housing areas. Those who do not have access to shuttles are highly encouraged to carpool with co-workers or neighbors.

Court-martial

Airman 1st Class Trent A. Roofner, 52nd Security Forces Squadron, was convicted in a special court-martial Nov. 20 at Spangdahlem Air Base.

Roofner pleaded guilty to two counts of drug use under Article 112a. He also pleaded guilty to misuse of his government travel card under Article 92. He was found guilty on all three counts. He was sentenced to a bad conduct discharge, 30 days confinement and reduction to E-1.

Christmas tree sale

Local area Boy Scout Troops are selling Christmas trees at the Spangdahlem Air Base BX and Bitburg Annex commissary parking lots. Trees, which are German Blue Spruce and Danish Fir, range in size from 5 to 13 feet and cost between \$20-30. Hours of operation are weekdays 5-7 p.m. and weekends noon-6 p.m. The Bitburg Annex tree lot is closed Mondays. All proceeds benefit Eifel area Boy Scouts.

TLF hours

The 52nd Services Squadron temporary lodging facility desk hours change Saturday. The TLF desk opens from 5 a.m.-5 p.m. People checking in after closing need to pick up keys at the Spangdahlem Air Base lodging desk in building 38. For more information, call Valerie Smith at 452-0525.

BX hours

The Spangdahlem Air Base main exchange hours increased for holiday shopping. The exchange opens Monday-Saturday 9 a.m.-8 p.m. and Sunday 10 a.m.-6 p.m. through Dec.

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Eifel Times

Vol. 35, Issue 42

Spangdahlem Air Base, Germany

Nov. 30, 2001

This goes where?

Staff Sgt. Scott Vikre, 606th Air Control Squadron NCOIC of communications operations, and Tech. Sgt. Ann Thompson, 606th ACS NCOIC of network systems, reassemble their weapons during a squadron training day. The 606th recently left for its Air Expeditionary Force deployment. They'll provide radar surveillance and air battle management in the enforcement of the southern no-fly zone.

File photo by Staff Sgt. Esperanza Berrios

School board discusses two main topics

Meeting generates ideas of increasing availability of physical education

By Senior Airman Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

Proposals to add physical education to school curriculum and revise school bus discipline rules highlighted the Eifel school board open meeting Nov. 20 in Bitburg Middle School.

Board members, school officials and parents discussed arguments for and against adding physical education to next year's elementary, middle and high school curriculum.

Because school schedules and education requirements vary, Linda Curtis, Brussels District School superintendent, suggested parents propose the physical education initiative directly to school advisory committees and principals.

Currently, physical education classes vary according to school schedules. In some schools, PE is offered as a year-round elective or it's scheduled every four days, while others still require students to take PE every other day for just one semester.

People advocating for regularly scheduled physical education classes based their arguments on medical and education department studies citing PE classes help increase children's physical fitness, self-esteem, memory, concentration, and reduce anxiety and stress levels.

Some of the challenges of making PE a core competency class are already demanding school schedules and finding qualified PE instructors, according to Curtis. With current middle and high school schedules full, adding physical education to the week may mean cutting out some electives such as art or computer courses. Elementary schools face a similar challenge.

See School, Page 2

U.S. tankers, some Team Eifel members deploy to Bulgaria

By Tech. Sgt. Theresa McCullough
100th Air Refueling Wing Public Affairs

BURGAS, Bulgaria — KC-135 Stratotankers were deployed here Nov. 23 to support humanitarian relief missions during Operation Enduring Freedom.

This is the first time U.S. military forces have conducted operational missions from Bulgaria.

The aerial refueling tankers, which

previously flew out of Souda Bay, Greece, and Incirlik Air Base, Turkey, are now consolidated into one unit, the 351st Expeditionary Aerial Refueling Squadron.

The Bulgarian government offered its support as part of coalition efforts to combat terrorism. U.S. government officials requested the use of the Burgas airport facilities.

"Taking two flying operations from bases

that had established support operations and combining into one new location, requiring the creation and build-up for an entirely new support system, has been quite a challenge," said Col. Ray Dinsmore, deployment commander. "Especially while simultaneously maintaining the ongoing mission support to the humanitarian relief mission from a combination of these three locations."

The advance team had just a few days to prepare for the aircraft and aircrew arrival.

"We (the advance team) were working out major agreements, securing the facilities and use of the airport, along with making arrangements for Bulgarian military police security," Dinsmore said. "Now, the last three or four days we've been in the execution

See Deploy, Page 3

Accidents

By John W. Keeler
52nd Security Forces Squadron
Reports and Analysis

Seventeen Team Eifel members had vehicle accidents in the past week, one of which was major.

This accident happened at the intersection of Flugplatzstrasse and Wankelstrasse in Bitburg. An airman came across an animal that he believed was going to dart in front of his vehicle and he swerved to give the animal distance.

Then, he glanced in the rear-view mirror and saw a figure lying on the ground. He was completely unaware of what had happened so he stopped to take a closer look. The airman had inadvertently hit a pedestrian while swerving his vehicle.

He stayed at the scene assisting the German national until an ambulance arrived to take her to the Bitburg Krankenhaus. The woman sustained a bruise, minor scratches and a sprained right thumb.

The 16 minor accidents involved:

- Four from driving too fast for road conditions.

- One from improper backing.

- Five were from inattentive driving.

■ Six occurred in parking lots.

In addition, seven citations were issued.

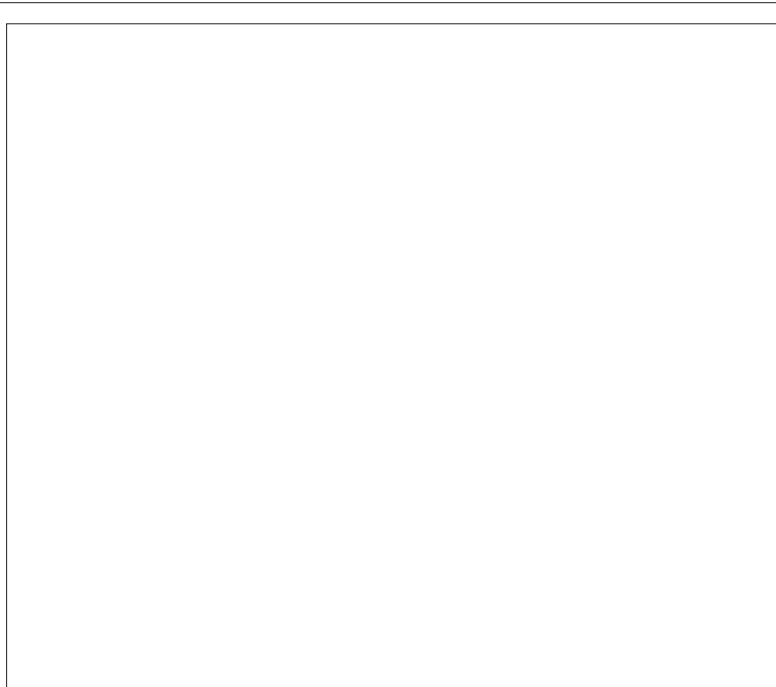
Safety reminder

It's the season for snow, ice and winter driving. Ensure you take the time to get your car tuned up; as well as your brakes, battery, fluid levels and exhaust system checked.

Make sure your heater and defroster are in good working order and seals on doors and windows are in top shape. Replace your wiper blades. Get ready for the cold with antifreeze and winter-weight oil. Carry emergency supplies such as sand, salt, shovel, snow scraper, booster cables, blankets and flashlight.

Of all the things you can do to make winter driving less stressful, giving yourself a little more time is the most important. Going slower and taking more time to get to and from your destination is the key to safe driving on slippery roads.

All people should take the necessary steps to ensure they are prepared for the unexpected. Make your winter travels safe. Don't be in a race when reporting for duty. Planning ahead is the key, however, it is better for you to arrive at work a little late than not at all.



Staff Sgt. Cindy York

New traffic circle

A traffic circle is currently being built in front of the Spangdahlem Air Base main gate. Traffic entering the base from the north will have a detour during some portions of construction. Traffic coming from the Bitburg direction should not be affected. The speed limit in the circle is 50 kph, the same as the traffic circle by on B-50 in Bitburg. Initial construction is expected to be finished Wednesday to coincide with the partial opening of A-60 from Badem to the base. The portion of A-60 connecting Badem and Wittlich is not scheduled to open until summer or fall of 2002. Topsoil will be placed in the middle of the circle until next spring, when planting will be done.

Briefs

Continued from Page 1

21. Hours for Dec. 22 are 9 a.m.-10 p.m., 10 a.m.-6 p.m. Dec. 23 and 8 a.m.-6 p.m. Dec. 24.

Mailing deadlines

The U.S. Postal Service issued this year's mailing deadlines. People mailing letters and packages to the United States for the holidays should try to adhere to the following suggested deadlines:

Priority parcels, first class letters and cards -- Dec. 11

Express mail -- Dec. 18.

People are reminded the deadlines are only suggested timelines and are not a guarantee mail will arrive before Christmas. For more information, call the Spangdahlem Air Base Post Office at 452-6038.

Supply block training

Supply block training has returned to classroom instruction. The change helps ensure customers are provided the most in-depth information for management of the supply process within their unit.

The training is held in building 103 on Spangdahlem Air Base. A six-month schedule is posted on the base Intranet at intranet.spangdahlem.af.mil/52FW/52LG/52LRS/training/block_trainig.htm.

Customers are encouraged to review AFMAN 23-110, Vol. II, Part 13 prior to attending class.

For more information, call Master Sgt. Donna Graves at 452-6084.

AAFES vehicles

The Army and Air Force Exchange Service is accepting sealed bids for two 1996 Dodge Stratus', a 1996 Ford Aerostar seven-passenger van and a 1996 Ford Taurus station wagon.

Bids should be sent by today to:

AAFES, Europe
Attn: Chris Peterson
Unit 3985

APO, AE 09137

AAFES reserves the right to reject any bids. People can make arrangements to inspect the vehicles by calling 452-9076.

School

Continued from Page 1

Another obstacle is finding instructors qualified to teach physical education within a limited hiring budget. One option Curtis cited is to hire teachers qualified in multiple specialties, such as band and physical education. However, such instructors are difficult to find, she said.

The second proposal was to revise the school bus discipline policy to take the student's age into consideration when determining punishments. Parents and teachers voiced a unanimous opinion for not changing the rules.

The proposal for taking age into consideration resulted from a 5-year-old's five-day suspension from the bus for hitting another student. Although most meeting attendees empathized with the fact that kindergarteners fighting on the bus is less serious than high schoolers fighting on the bus, most attendees agreed that all students, regardless of age, must follow rules to ensure their safety.

Currently, students violating the rules for the first time are subject to suspension from riding the bus for five school days. A second infraction results in suspension for 30 school days. A third, results in a six-month suspension. A fourth infraction may result in permanent suspension for the remainder of the sponsor's tour of duty. Serious infractions may result in permanent suspension as well, regardless of the number of infractions due to the nature of the incident.

Concluding the meeting, Col. Greg Ihde, 52nd Fighter Wing commander, encouraged attendees to invite other parents to future school meetings to voice their concerns and propose solutions on issues.

The Eifel school board is in its second and final year of a two-year test period. It makes recommendations to and advises the wing commander regarding support military services provided to local schools. This includes making recommendations on medical, administrative and logistical support services.

Points of contact

Parents interested in reading the school board's proposal for making physical education a core competency class for all local military schools, should call Rebecca Hinton, Eifel school board vice president, at 06575-959416.

Parents may also contact Mia Checkley, Spangdahlem Middle School Parent, Teacher, Student Association president, via e-mail at SMS_PTSA@hotmail.com.

For more information concerning Eifel school bus discipline standards, visit the 52nd Support Group School Liaison Web site on the base Intranet at http://intranet.spangdahlem.af.mil/52FW/52FWGrou ps/52SG_Staff/DoDDs/default.asp by clicking the school bus link.

Parents may also contact Audrey Burkel, Eifel Schools Liaison Officer, by calling 452-6942 or e-mail 52spgt.dodds@spangdahlem.af.mil.

Mingle holiday fun with maintaining control, fitness

By Senior Airman Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

Calories add up when eating holiday fare high in fats and sugars, such as gravies, pastries, creamed vegetables and chips. Because of this, people commonly gain 8-12 pounds during the holidays, according to base Health and Wellness Center officials.

The challenge is for people not to deprive themselves, while at the same time keeping in shape.

Maintain control

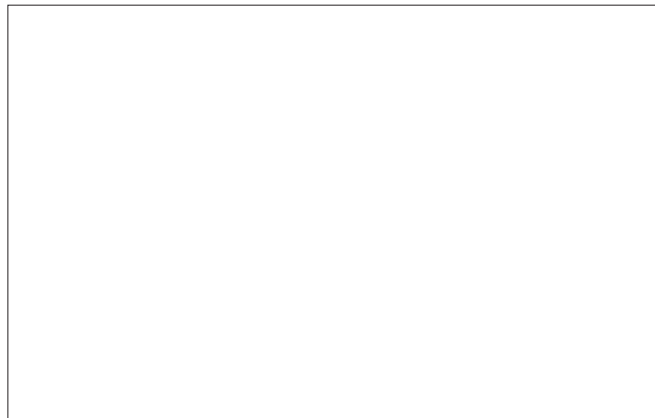
After the holidays, people commonly begin a cycle of hitting the gym hard, combined with quick weight-loss diets, only to feel discouraged when the weight returns just a couple of months later, said Capt. Glen Fisher, 52nd Medical Support Squadron family advocacy clinical psychologist.

Some people never shed the weight and within a few years, they're over the Air Force weight limit. This doesn't have to happen, he said. Eating wisely and continuing a fitness program is the answer to maintaining fitness during the holidays.

Schedule at least 30 minutes of exercise into your daily schedule and make conscious food choices at home, while traveling and at parties, suggests Staff Sgt. Tanya Owen, 52nd Aerospace Medicine Squadron HAWC nutritionist.

At home, eat sensibly choosing nutrient-dense, low-calorie, low-fat meals such as whole-grain bread, baked boneless, skinless chicken breast, steamed fresh green-leafy vegetables and fruit for desert, she said. Snack about every two hours between meals on a serving size of fresh vegetables, such as one cup of carrot sticks or cherry tomatoes, or fruit, such as two clementines or one-quarter cup of raisins.

Eating regularly, three main meals daily with nutritious snacks in between prevents



Janet Hosick, wife of Tech. Sgt. Mark Hosick, 52nd Logistics Readiness Squadron (Provisional), chooses fresh fruit from the Spangdahlem Air Base commissary, as her daughter, Angela, waits.

File photo by Senior Airman Jennifer Lindsey

people from getting overly hungry and binging on too many calories later in the evening to make up for a lack of calories through the day, she explained.

Make holidays special

Make celebrations special by choosing special holiday foods, such as pumpkin pie, instead of foods you can eat any day, such as salted peanuts or chips, said Owen.

"Keep portions in mind, enjoy one-quarter cup of gravy on your favorite stuffing and a turkey leg," she explained, "and remember to save calories for a serving of mom's special pie with a scoop of your favorite ice cream."

Alcohol also adds into extra calories and later into extra weight, Owen said. To keep these calories at a minimum, alternate a glass of a light soft drink or water in between glasses of wine, beer or liquor, she suggests. The non-alcoholic drinks will keep

you from feeling thirsty from the dehydrating effects of alcohol and cut the number of alcohol calories normally consumed in half.

Keep on your toes

"After eating, get some exercise," suggests Melissa Lindstrom, HAWC exercise physiologist. "Going for a brisk walk with a friend or family member prevents continued munching on leftovers and stimulates the metabolism. Playing a game of flag football with your buddies does the same."

Continuing a regular exercise routine, or beginning one, during the holidays is important to maintaining physical strength and endurance, relieving holiday stress, keeping the metabolism working at peak levels and burning calories, she said.

Since the base fitness center is now open 24 hours daily, fitting fitness into holiday

schedules is a little simpler, Lindstrom said. The center offers a variety of exercise options including free weights, resistance machines, cardiovascular workout machines and basketball and racquetball courts.

Other options include attending the free aerobics classes offered on Spangdahlem Air Base and on Bitburg Annex. Or, try walking, a 150-pound person burns about 140 calories walking 4 mph for 30 minutes, whether it's done indoors or outside, Lindstrom said. People living on base can climb the stairs in military housing for exercise. A 150-pound person walking up and down stairs for 30 minutes burns about 187 calories and builds leg muscle, she added. Stair climbing for exercise isn't recommended for people who have a history of knee or heart problems. Lindstrom suggests people with these conditions consult a doctor before beginning these kinds of exercises.

Enjoy the holidays while enjoying the benefits of not throwing personal fitness to the wind. By maintaining a balanced diet at home, eating single servings of favorite party foods and continuing to exercise throughout the holidays, Team Eifel members can look forward to the upcoming new year with hope, rather than the dread of having to shed the weight of the past.

For more tips on how to keep the pounds off during the holidays, attend "Surviving the Holidays," 2-4 p.m. Wednesday at the HAWC in building 130.

Other upcoming HAWC fitness classes include:

- Fitness 101, a class to learn how to tailor a personal exercise program, 2-3 p.m. Tuesday.

- Women of Iron, a beginner weightlifting class, 9-11 a.m. Dec. 13.

For more information on fitness, nutrition or upcoming classes, call 452-9355.

Spousal 'opt-out' deadline extended to December 31

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — Troops who don't want spousal coverage in the Servicemembers' Group Life Insurance program now have until Dec. 31 to cancel at no charge. This is a one-month extension on the initial deadline.

New rules effective Nov. 1 provide SGLI participants with free \$10,000 coverage per child and low-cost spousal coverage of up to \$100,000.

Service members with personal SGLI coverage of \$100,000 or more are automatically enrolled for the maximum \$100,000 spousal coverage, said Navy Capt. Chris Kopang, Department of Defense director of compensation. The accompanying premium will be deducted from military pay each month.

Spouse's coverage can be no higher than the member's, and so is limited if the member carries less than \$100,000 personal coverage, he explained. Spouse coverage must be elected in \$10,000 increments. Premiums are based on coverage and the spouse's age.

Coverage for children up to age 18, or 23 if a full-time student, is free and automatic, so long as the member participates in SGLI, Kopang said. Eligible Reserve component members receive the same family member coverage with premiums being deducted from their drill pay, he said.

But what if service members don't want spousal SGLI coverage? No problem — opt out of the Veterans Administration-sponsored coverage.

Kopang said troops who don't want spousal SGLI coverage need to visit the military personnel flight customer service to fill out and submit an "8286A" form. The forms are available at: www.insurance.va.gov/sglivgli/sglifam.htm. Those who cancel in time will be reimbursed for any premiums inadvertently withheld from their pay.

Members should carefully weigh their choice, Kopang advised, especially if they currently have no spousal insurance.

Deploy

Continued from Page 1

portion of this operation, seeing people and planes arriving and the mission getting off the ground."

U.S. Army soldiers used the facilities prior to the 351st EARS arrival, and their corporate knowledge was crucial in the camp set up, said Capt. Mark Kerr, advance team member.

"Their help was a big factor in getting us spun up as quickly as we did," he said. "It has been an experience of a lifetime setting up from the ground up for a real-world operation. Seeing the end result makes a real difference; it's great to see the fruits of your hard work."

People from the 31st Security Forces Squadron at Aviano Air Base, Italy, are working closely with the Bulgarian military police and airport police to

provide security.

Airmen from England's Royal Air Force Mildenhall and Lakenheath, plus Ramstein, Spangdahlem and Rhein Main Air Bases in Germany are also supporting the mission. Civil engineers, communications, transportation, medical, bioenvironmental and audiovisual specialties, as well as the chaplain corps, represent this support.

U.S. forces have participated in exercises in Bulgaria for several years. The United States has worked and trained with the country as part of the NATO Partnership for Peace program since 1994.

Several times this year, the seaport of Burgas has served as the gateway to the Balkans for U.S. forces supporting NATO operations as part of the Kosovo Force. (Air Force Print News)

Community Mailbox

Mini bazaar

A winter mini-bazaar takes place today through Sunday in the base community activities center. Call 452-7260 or 452-7381 for more information.

Spouses group

The 52nd Mission Support Squadron and Wing Command Staff Spouses Group holds a potluck dinner at 6 p.m. Wednesday in the Spangdahlem Air Base Chapel Annex. For more information, call Allison Carnahan at 06563-960752 or send an e-mail to ajnruss@cs.com.

School information

The Bitburg High School Advisory Council holds its monthly meeting in the school's information center at 3:30 p.m. Monday. Everyone is welcome to attend. For more information, call 2nd Lt. Robert Shipp at 452-6112.

Dorm baskets

People are needed to bake and donate homemade goodies to add to the annual dorm basket giveaways. Last year, more than 800 bags of goodies were delivered to dorm residents.

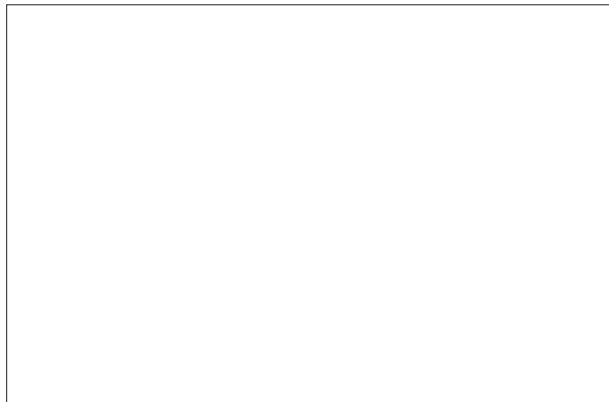
Items should be individually wrapped, but can include a few cookies or other goodies in each bag. People can drop off the items at the Spang Club 7-8 a.m. Dec. 19. For more information, call Suzanne Hunt at 06575-903244 or Amanda Washington at 06575-903415.

Christmas market trip

The German-American Friendship Club has a trip to Valkenburg, Netherlands, Dec. 8 for a Christmas market.

The trip leaves from the Speicher city hall at 8 a.m. and returns the same day at around 8 p.m. Cost of the trip is 30 DM for club members and 35 DM for non-members.

For reservations or more information, call Robert Onsgard at 452-6058 or Gisela Traut at 452-6172.



Airman 1st Class Michelle S. Roquid

How about this piece?

Col. Greg Ihde and his wife, Sally, serve Thanksgiving lunch to Airmen 1st Class Daniel Lee and Krystie Lee, 52nd Services Squadron, at the Moselle Dining Facility.

Angel Trees

The Air Force Sergeant's Association, in conjunction with the base chapel, hosts this year's Angel Tree Project. The goal of the project is to provide gifts to children who may not receive gifts otherwise, with a focus on young families or those facing financial hardship.

To participate, choose a card from a Christmas tree located at the Spangdahlem Air Base or Bitburg Annex main exchanges. Drop off unwrapped gifts at the exchange customer service counter, base chapel or with unit first sergeants by Dec. 19. For more information, call Tech Sgt. Ruel Rafi at 452-6845 or Staff Sgt. Lawan Williams at 452-8285.

Christmas play

ACT-Eifel performs "The Rented Christmas" Dec. 14-15 and 21-22 at 7 p.m., and Dec. 16 at 2 p.m. in the Spangdahlem Air Base Community Activities Center.

Tickets are available at the CAC. Prices are \$2 for adults, \$1 for 15 and under, or \$5 or a donated toy for the whole family.

For more information, call Master Sgt. Robert Benton at 452-5444, Dawn Bingman at 06562-966967, the CAC at 452-7381 or send an e-mail to act_eifel@yahoo.com

Chapel activities

■Catholic Sunday Mass in the Spangdahlem Air Base Chapel now begins at 9:15 a.m.

■The "Rockin' with the Cross" service is Saturday at 6:30 p.m. in the Bitburg Chapel. This is a special contemporary music worship service.

■The Spangdahlem Air Base Chapel holds Advent activities Saturday. Decorating for Advent and upcoming Christmas activities begins at 9 a.m., ecumenical Advent preparation family night begins at 6 p.m.

■Jewish people can take part in the Hanukkah Menorah lighting in the Spangdahlem AB chapel Dec. 10 at 5 p.m. A reception and coin display follows in the chapel annex.

For more information, call the chapel at 452-6711 or 452-6281.

Children's program

The Spangdahlem Air Base Chapel hosts a New Year's Children's Program for ages 5-13. Rehearsals begin Saturday in the Spangdahlem AB chapel and continue each Saturday 10-11:30 a.m. through Jan. 5. For more information, call Alaine Strozier at 06565-955898.

Christmas ornaments

The Hawk Spouses Group of the 23rd Fighter Squadron sells Christmas ornaments Tuesday at the Spangdahlem Air Base Post Office. The 2001 design shows Cochem and the Mosel River. Ornaments from previous years are also available. For more information, call Mashon Kempf at 06561-693945.

School information

The Bitburg Elementary School Parent Teacher's Association holds a general meeting Tuesday in the BES cafeteria. The whole family can take part in children crafts night for a flat fee of \$1.

For more information, call Senior Airman Pamela Troester at 452-6655.

Singers wanted

Wing chapel services needs choir members for a Christmas concert, taking place at 7 p.m. Dec. 16 in the Bitburg Annex Chapel. Rehearsals take place 6:45-8:45 p.m. each Wednesday in the Bitburg Annex Chapel now through Dec. 12. Call the Spangdahlem Air Base Chapel at 452-6711 for more information.

Education news

■Applications for Term 3 spouse tuition assistance are now available at the education office and at the Bitburg Annex Post Office. Deadline for turn-in is Dec. 14.

■The DANTES External Degree program offers associate's through master's degrees through correspondence learning. Review the DANTES catalog on the program Web site at <http://voled.doded.mil/dantes/dl/>.

■First-term airmen who enlisted May 5, 2000, or after may qualify for the College Loan Repayment program.

Call the base education office at 452-6063 or visit the office in Spangdahlem Air Base building 131 for more information.

ITT, ODR trips

Information, tickets and tours, and outdoor recreation offers tours and activities throughout each week. People should register for trips at least three days in advance. Call 452-6567 or 452-9437 for details on ITT trips and 452-7176 for ODR activities.

Editorial Staff

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newspaper is
an authorized
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members of
the U.S. mili-
tary services
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Col. Greg Ihde

Accessing Direct Line

The Direct Line program is a way to
get answers to questions you still have
after using your chain of command.

Direct Lines of general interest will
be published in the *Eifel Times* and may
be edited or paraphrased for brevity or
clarity. Submit your Direct Line via:

- DirectLine@spangdahlem.af.mil
- Mailed to 52nd FW/PA, Unit 3680
Box 220, APO AE 09126
- To public affairs in building 23.
- Concerns may also be sent via fax
to 452-5254.

Anonymous inputs are accepted. To
receive a personal response you must
include your name and phone number.
Call the Eifel Times at 452-5244 for
more information.

Number of days since last DUI:

As of Wednesday

13

You have a choice.
Call Airmen Against
Drunk Driving
at 452-2233.

Viewpoint

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Nov. 30, 2001

Commander's view

By Lt. Col. Larry Laird
52nd Security Forces Squadron
commander

Are there heroes here? Yes, there
are bonafide heroes among us here
at Spangdahlem Air Base. We all
know heroes and have our own
favorites — great generals, sports
figures, movie stars and courageous
warriors.

Usually these valiant individuals
become worthy of our admiration
by virtue of uncommon feats or by
their sacrifice of all for the greater
good.

Certainly we in the Air Force
have our fair share of acknowledged
heroes. One of my favorites was
Chief Master Sgt. Richard
Etchberger.

In 1968, Etchberger was the last
man standing in his defensive
fighting position when an enemy
ground force had overrun his base in

Laos. Despite intense ground fire,
the chief kept directing air strikes
while returning fire to keep the
enemy at bay.

Etchberger also called in a rescue
chopper and then deliberately
exposed himself to enemy fire while
he loaded three wounded comrades
into a rescue sling. It was after his
comrades were safely away and
during his own retrieval the chief
received his fatal wound. His act,
for which he received the Air Force
Cross, saved not only his comrades,
but allowed for the evacuation of
the remaining survivors of the base.

Certainly we all know of heroes
like Etchberger, our tradition is full
of them, as well as those we hear
about in the media. After Sept. 11,
we added many new ones, both as
victims and rescuers.

In addition to the faces we've
seen plastered on the TV screen, we

have our own heroes here at
Spangdahlem AB. I've seen it
routinely, folks here showing that
same heroic quality in small ways,
daily demonstrating a willingness to
think of others first and sacrifice for
the greater good.

The other day I was driving to
one of the housing areas when I saw
a spouse hurrying from where she'd
purchased a newspaper from a bus
stop vending machine. What struck
me about her was the fact that she
was carrying a handful of trash
she'd picked up off the street on the
way there. It wasn't her trash. It was
just there. She didn't expect to be
seen picking it up. She was doing
this act because it was the right
thing to do. No big deal, no heroic
act, but hero material for sure.

Many others have said goodbye
to loved ones deploying into
uncertain situations, shouldering the
additional burdens of their missing

family members. Heroes period.

Spouses groups have gone into
high gear to help keep folks tied into
support networks. Heroes all.

At the main gate, despite delays
and inconveniences, complaints are
rare, and support for our first
responders has been phenomenal.
Heroes abound on this base in
finance, the traffic management
office, in uniform and out, in the
cockpit and on the ground.

Age isn't a limiting factor either.
I recently had a chance to address a
class of high school students and the
common theme I saw was maturity
and willingness to stand up and
resist peer pressure.

As members of one of our
nations premier fighter wings, we
should all be proud of the
determined way we have met the
challenge and sacrifice posed by
these uncertain times.

Letter to the editor

By Valerie McCamish
Team Eifel member

Recently, I was involved in a vehicle
accident off base in Bitburg at the three-way
intersection near the French Kaserne.

The driver of the other vehicle spoke very
little English, and like I, did not have a cell
phone handy. I figured that eventually another
fellow American would see my license plate
and stop to offer assistance.

After all, it was 5:00 p.m. and there was a
steady flow of American traffic. Sadly, not one
car out of the many that passed by me stopped.
The other driver and I, along with my 2-month-
old in the car, waited in the cold weather for at
least 30 minutes until a German person stopped
to help us. I borrowed a cell phone to call my
husband at work at Spangdahlem Air Base and
he called security forces.

What bothers me most is that my husband
and I, no matter how rushed we are in the
morning or how tired at night, if we see a fellow
American in need we stop to offer assistance
and provide help.

Also, my husband has been following 52nd
Fighter Wing Commander Col. Greg Ihde's
directive of taking the shuttle bus to work. He is
amazed at how many empty cars pass him while
he waits. We as Americans pride ourselves in
helping others and giving service to others and
yet, when one of our own is in need we drop the
ball.

I'm writing in hopes that maybe the next time
you pass someone waiting for a ride or someone
who looks like they may need assistance, that
you stop to think "What if it was my spouse, my
child or myself in that position?"

I wouldn't want anyone else to be stranded
and need help and have no one there.

Direct Line

Child care

Question: *My wife and I both work 12-
hour shifts - one starts at 5:30 a.m. and
the other at 5:30 p.m. The problem
we've had is in finding child care start-
ing at 4:30 a.m. We've contacted numerous child-
care providers with the earliest start time of
6:45 a.m. and latest end time of 6 p.m. I've told
my flight chief, but he said, "it's not my problem
-- fix it if you want to stay in the Air Force."*

**Is there anything that can be done to
accommodate child-care needs for dual shift
workers? It seems we're always forgotten.**

Answer: First off, you are not forgotten!
Family Child Care has a program to
help you with your child care needs.
The Extended Duty Child Care Program
assists military families working extended
hours by increasing the hours of care available
in Air Force-licensed FCC homes. The pro-
gram offers care in FCC homes beyond the
standard 10-hour child-care day or five-day
workweek. Parents can drop the child off in
the morning and the provider will transport the
child to the child development center, school-
age program or another FCC home when those
programs open. In the evening, they can pick
children up when these programs close and
keep them in their home until a parent can pick
them up.

Spangdahlem Air Base has two Extended
Duty Child Care providers, one on the Bitburg
Annex and one on the base. The cost for
parents currently using the CDC or SAP is pro-
rated per hour based on their current weekly
fee. No one pays more than \$2 per hour. You
can pick up the required forms at the CDC,
SAP or the FCC offices. For more information,
call the FCC office at 452-9022.

Finally, it appears your supervisor may have

demonstrated less than the appropriate level of
concern and involvement to a subordinate's
needs. If this was the case, I wholeheartedly
recommend you raise the issue to the next level
using the appropriate chain of command.

Foreign coin exchange

Question: *American Forces Network
has been running commercials for
several weeks stating we can exchange
our foreign currency for Deutsche
Marks or Euros at our base banking institutions;
however, both the credit union and Community
Bank say that's not true. Either will only accept
foreign coins, except DMs, for donations and not
for conversion. Which is correct?*

Answer: After checking with AFN-
Europe in Frankfurt, the original ver-
sion of the information spot did talk
about exchanging foreign currency and indeed
caused much confusion. AFN changed the spot
about two weeks ago and now it tells people to
exchange their "host nation" currency at base
banking institutions. This is indeed what peo-
ple need to do.

At Spangdahlem Air Base and the Bitburg
Annex, you can turn in your DM currency at
the Community Bank and credit union;
however, DM coins are only acceptable at the
Community Bank. If you have francs, guilders
or other third country coins or currency, you'll
need to take them to France, Netherlands, etc.,
to turn them in.

Another option for those third country coins
is to donate them. You may wish to donate
your coins to a charitable fund. The bank has a
drop box for this purpose.

For more details on the drop box, please call
the bank at 452-6879.

Germans celebrate holiday season with traditions

By Iris Reiff

52nd Fighter Wing Public Affairs Office

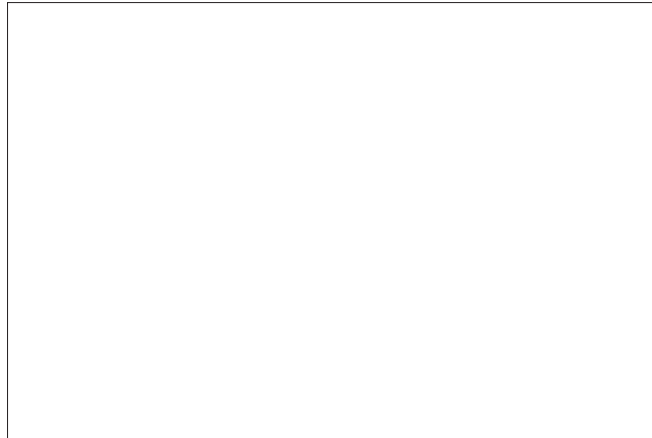
The beginning of the Christmas season has Germans taking part in various traditions. Some of the most popular traditions are:

Saint Nikolaus

With the beginning of the Christmas season, it's a German tradition for Saint Nikolaus to visit children in their homes each Dec. 6 or the night before. Dressed in a bishop's outfit, he presents gifts to children and discusses good and bad things they did throughout the year. He also asks them to recite a poem or sing a Christmas song. The parents provide gifts, along with a list telling Saint Nikolaus about things the parents want him to mention.

Sometimes a frightening character, Knecht Ruprecht, accompanies the holy man. Ruprecht is often dressed in black and he rattles a chain. To convince children he has already taken a bad child with him, he sometimes carries a bag with an artificial limb sticking out. If the children are afraid of Knecht Ruprecht he may wait outside the door.

On Saint Nikolaus Day, which is always Dec. 6, children also receive small gifts in



Courtesy photo

Saint Nikolaus visits local children in the Eifel and presents gifts to the ones who behaved good throughout the year. Knecht Ruprecht accompanies the holy man during his visit.

their shoes, which they leave outside the door overnight. Some children find a Nikolaus plate with cookies, fruits and candies on the table the next day. Saint Nikolaus Day is held in commemoration of

Bishop Nicholas of Myra, who lived in the fourth century.

During the middle ages, Dec. 6 was an occasion for charitable giving, for rewarding students and giving children the opportunity

to go out and collect gifts.

Christmas markets

Dudeldorf holds a historical Weihnachtsmarkt to welcome the Christmas season Saturday and Sunday. Between the two arches, which are the landmarks of the town, people can find 50 decorated huts filled with Christmas ornaments, art and goodies. Christmas music and entertainment at the castle are scheduled. Saint Nikolaus will stop by with surprises.

Advent

Throughout the country, Germans, predominately Catholics, celebrate the beginning of Advent with the Advent wreath. Sunday is "Advent 1" and the beginning of the new church year. It's also the time when families start preparing for Christmas.

The popular wreath is made of fir branches with four candles, one of which is lighted on each Advent Sunday until all four burn together.

The advent wreath became popular in northern Germany soon after World War I. Since the 1930s, it has become popular throughout the entire German-speaking parts of Europe.

BHS returns only one starter to defend girls b-ball season

By Denny Lemmon

Bitburg High School girl's basketball coach

Only one starter returns this season to defend the Division II championship title for the Bitburg High School girl's basketball team.

Senior co-captain Constance Maziell is the lone returning starter as the Lady Barons rebuild during the 2002 season. The four-year varsity player was the MVP in last year's Division II tournament and an All-European selection.

As the nucleus of this year's team, Maziell will turn to three returning varsity players to play key roles. As a sophomore last year, Katie Carr played an important role coming off the bench toward the end of the season. In addition to winning a starting position this season, Carr was selected as team co-captain.

Another junior, Jessica Wood, and senior Deneshia Roberson are the remaining returning varsity players earning starting roles. Roberson, a center and power forward, is the third team co-captain. Unfortunately, an injury will keep her on the bench until the start of the new year.

Rounding out the starting five is Nadia Parker, an Okinawa transfer from a talented family of five all involved in high school basketball. The 6-foot-2 freshman has a brother starting for the Barons boy's team, a younger sister who plays ball and a mother and father who both play and officiate games.

Until Roberson returns from injury, the fifth position is up for grabs. Juniors Nicole Goodlett and Tanja Moore currently are battling for the spot. Other players showing

potential varsity talent are sophomores Chelsea Gavagan and Alisha Bush, both junior varsity players last year. Sophomore newcomer Sade Graves shows good speed and defensive skills while talented freshman Melissa Lewis handles the ball well. Lewis expects to start on the JV team and should assist the varsity this year.

The Lady Barons open their season at Baumholder Dec. 7. Although the Lady Bucs compete in Division III, Baumholder is well known throughout Germany for its strong basketball program.

Girls junior varsity actions starts at 4 p.m. followed by the boy's JV at 5:30 p.m., the girl's varsity at 7 p.m. and the boy's varsity at 8:30 p.m.

Bitburg hosts the Bucs the following day starting with the girl's JV at 1 p.m.; boy's JV at 2:30 p.m.; girl's varsity at 4 p.m. and boy's varsity at 5:30 p.m. The remaining season schedule follows:

■Dec. 11 at home vs. Ramstein (girl's); boy's at Ramstein

■Dec. 15 at home vs. Vilseck

■Jan. 11 and 12 at home vs. Giessen

■Jan. 25 at Supreme Headquarters Allied Powers Europe

■Jan. 26 at Allied Forces North

■Feb. 1 and 2 at home vs. Black Forest Academy

■Feb. 8 at Mannheim

■Feb. 9 at Patch Barracks

■Feb. 15 at home vs. Kaiserslautern

■Feb. 16 at home vs. Hanau

Eifel Sports World

Commander's Trophy

Equipment maintenance and operations support squadrons recently were announced as Spangdahlem Air Base Commander's Trophy winners in their respective categories.

EMS won for large squadron with OSS the small squadron winner. EMS beat the second place civil engineer squadron by 14 points with a 170 total. OSS edged runner-up 606th Air Control Squadron by eight, with 123 points.

Football selections

During the Bitburg High School football banquet and awards presentation ceremony last week, the following players were recognized as All-Conference selections:

First team

Senior offensive tackle Matt Holas, senior receiver Josh Blake, junior linebacker Braden Blake, and senior defensive back Travis Carr.

Second team

Junior linebacker Jeremy Ponce.

Basketball coach

The Spangdahlem Air Base women's varsity basketball team needs a coach. To volunteer, call Helen Hornsby or Bruce Cannady at 452-6634.

Air Force wrestling

Submission deadline for the Air Force wrestling trial camp is Jan. 22; however, submissions are due to the

base fitness center a week earlier to be endorsed by U.S. Air Forces in Europe officials. For more information, call 452-6634.

Upcoming events

The following events take place through the Spangdahlem Air Base fitness center sports program:

January

■Intramural basketball continues

■Martin Luther King Jr. fun run

■Varsity soccer try-outs

February

■Powerlifting championships

■Black History Month fun run

■Varsity soccer season begins

■Varsity volleyball try-outs

■Varsity softball try-outs

March

■St. Patrick's Day fun run

■Varsity volleyball season starts

■Intramural volleyball season begins

April

■Spring Sting fun run

■Intramural softball season begins

May

■Intramural tennis tournament

■Fitness Month festivities

■Fun run

June

■U.S. Air Forces in Europe cycling championships

For more information, call 452-6634.